**I-RECOVERY KERNEL**

*Umlando weZinto Ezibangela Ukuthanda Okungokwenkqubo.*

# IMIDLALO YEMISEBENZI YESEXU EHLANGANISIWE.

## Ibhiliyoloji, Indlela, kunye noLulungiselelo.

*No judgment. No shame as a framework. Just the mechanism — and what actually works.*

**Ona yindlela yokuzithandela enobunzima obukhulu kwaye ebangelwa ngoxuku.**

**Yeyona ingxaki ukuba umbuzo kufuneka ubonakaliswe kuqala kule ndlela.**

*I-Disorder yokuqala ukuzifihla ngokwezinto ezinxiba ifakwe kwi-ICD-11 (WHO 2022). I-dopamine circuit, ukuvuselelwa kwe-opioid receptor, kunye ne-variable ratio reinforcement esebenziswa kwizinto ezintsha— oku kuyobungqina bomzimba. Ukululama kusetyenziselwa umgca ofanayo njengokuba kusetyenziswa kuyo yonke enye into yokuzifihla.*

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## Section 1 — Ibhhayoloji kuqala.

**I-CENTURION — Umsebenzi Wobomi Ongokwemvelo ngesinye sezinto ezibandakanya kakhulu ukukhulisa i-dopamine. Ukuguquko kwenzelile oku ngokucwangcisiwe.**

Imisebenzi yombane ngumgca oyinhloko osetshenziswa kwindlela yokuzalwa kwezilwanyana. Ukuguquka kwebuhle bunganceda ukuba le misebenzi ibe mnandi ngokwaneleyo ukuze ifundwe njengento efanele. Ngenxa yoku: ukukhulisa kwe-dopamine ekubeni kunomsebenzi yombane kunye nokuzalwa kuyinto enokunyusa kakhulu i-dopamine kwiphondo lobomi bomntu. Oku akuyona into eyenzekile okanye iphutha lokwakhiwo. Yisixhobo esibalulekileyo besibonakaliso sobuhle bokuzalwa.

Ukuyiqonda oku kuyayisa ukuba akukho umgca olawulayo: inkqubo yezinto eziphilayo efanayo eyasetyenziswa kwiintambo zokuthanda yeyona inkqubo yezinto eziphilayo enokusetyenzwa kwiimveliso ezininzi. Inkqubo eyakhelwe ukuba ibonise intyatyho isetyenziswa ngokuqhelekileyo. Ingxaki ayilona ulwazi. Ingxaki kukuba kwenzekani xa olu lwazi luyadlula ekulawulekeni ngokuzithandela.

## 1.1 — Iphrofayili Epheleleyo yeMiba yechiza.

| Ikemicali yebrain. | Ngenxa yokuziphatha. | Imiyalelo ebalulekileyo efana nokuxakekile. |
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| Idophamini—isixhobo sentlalo esibonisa intembeko kunye nomfuneko. | Iyakhuluma kancinci ngexesha lokukhuthala. Iyafikelela kwindawo ephezulu ngexesha lokuphumla. Yenza ukuba kube nekhwalithi ethile yemfuno ebanzi—umfutho ukuya kumgaqo. Idopamine ayiyona intlekele ngokwayo. Yintetho yokukhuthalayo ekubalulekileyo. | IDophamini yeyona nto ibalulekileyo ekukhuthazeni ukuzimisela—ixesha elithathwa kwiimveliso zokuzitshisa. Njengenkxaso yezinto, umgca wedophamini uyakudlala: into eyayenza idophamini enamandla ngaphambili ayiphinda ibangele ukuba kube nomthelela omncinane, nto leyo ekhuthaza ukuphucuka kwiintlobo ezinkulu zokuzitshisa. |
| I-opioids endogeni—isignesha yobungqibelelayo. | I-endorphin kunye ne-enkephalin kukhululwa ngexesha le-orgasm nakuba emva koko, nto leyo eyenza umntu azive ubushushu nothando kwimeko yesigqi esiphosayo. Inkqubo yezipholoni efanayo enokusebenza kuzo i-opioids yangaphandle (i-heroin, i-oxycodone) isebenziswa yi-opioids yangaphakathi ngexesha le-orgasm. | Yeyonto, i-naltrexone—eyona into yokuziphazanyisa kwe-mu-opioid esetyenziswa kwiintlekele zokuphuza kunye neziyobisi—ineemveliso eziboniswe ngokucacileyo kumahlakani okunyaniseka. Ingxenye ye-opioid yomvuzo wokunyanzela iyinto ethile kwaye inokulungiswa ngokusetyenziswa kwezifundo ezifanayo ezisetyenziswa kuluntu lokuxhasa ukuthanda izinto. |
| I-oksitosini – isixhobo sokudibana. | Kukhutshwa ngexesha lokuthinta umzimba, ukuzola, kunye nokubheka omnye ngamehlo ixesha elide. Kwenziwa ukuba ufune ukuba useduzane kumntu othile ongenisa le hormone. I-Oxytocin yeyona eyenza ubudlelwane bokuzithandana babe neentetho zemvelo. | Ukuzifihla ngokwezinto ezinengxaki ezikhokeza ekubandakanyekeni kwezentsebenzisi engenzi ukuba kwakhululelwe—ividiyo yobutyebi, ukutshintsha ngabanye abalingani ngaphandle kokuxhumana nomthetho—kunokukhetha umvuzo ngaphandle kokukhuliswa kwebhokisini le-oxytocin elenzelweyo kwezentsebenzisi ezintle. Umvuzo uya kuba mkhulu: iimpawu ze-dopamine |

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| | | neziyobisi zisebenza, kodwa ingxenye yokukhulisa ye-oxytocin ayisebenzi. Oku kwenza ukungabi nakwento ethile—umntu usebenzisana ngokwezentsebenzisi kodwa akufuneki umthetho. |
| I-vasopressin – isixhobo sokubambisana (ikakhulu kubaxhosa). | Isebenzisana ne-oxytocin ekubandakanyeni kwabantwana basetyhini. I-Vasopressin ihlala ixhotyiswe ngokubambisana nokukhusela umntu othile — le nto ibonisa ukuba "lo mntu unentliziyo yam". | Ulwakhi lwezinto ezinxibelelene ezininzi kunye nabanye abantu kunokunciphisa umswelwandle we-vasopressin — okuza kuzenza ukuba kube ngathi kuncipha ngokuthe xesha inkqubo yokuzonela, apho amandla okwenza ubudlelwane obuqinile ngeyona nto ibalulekileyo. Umntu osetyenzise isexwale njengento eyinto enkulu iminyaka emininzi unokuba ngathi kunzima kakhulu ukufumana ubudlelwane obuqinile. |
| I-serotonini — isixhobo esisetyenziswa ukuziva ucebile. | I-serotonini iyakhuliswa emva kokukhala kwayo, kwaye inelungelo ekubeni kwexesha lokuncipha kolwimi (refractory period) – eli xesha elilandelayo ukwaneliseka apho ulwimi luncithetshiwe. Oku kuyinto yendlela eyayikhoyo yokuyeka. | Njengokuba kwenzeka kunye nohlelo lwe-serotonin kwiindlela zokusetyenziswa kwe-MDMA, ukuziphatha okungqinisayo kunye nokuthanda okungenamseko kungaphakanyisa ukwehla kwesignyale yokwaneliseka ye-serotonin— okuphumela kumphumela omncinci wokulinda, ukubuyela ngokukhawuleza kwiingcebhelo, kunye nobunzima obuqhubekayo bokufumana umvuzo kwiintsapho zokuzityisa ngexesha. |

## 1.2 — Umgca Wokuba Nginto Entsha: Ngenxa Yini Le Nkqubo Elinganiselwanga Kule Ncwadi Yokuzonakaliswa.

Njengoko kunye neminye imiba emininzi yokuqala, ukuzifumana ngokwezinto ezinxibelelene nobomi sex okanye ukuziphatha ngendlela engathatyelwayo kunomthombo oqinileyo obuyakudlulwa kuko ubuxoki olungabonakalisiwo kumiba yokuqala efana nokugembula, i-gaming, kunye nokusetyenziswa kwemidiya: i-Coolidge Effect.

I-Coolidge Effect yile mpembelelo sexual equlwa kwiintshukumo (eyayikhutjwe ngokuqinisekileyo, ikho kuzo zonke iintshukumo). Kule mpembelelo, ukunyanwa kwezentsebenzisi zokuzithandabala kuphindaphindiwe ngokungeniswa komlingani omtsha. Inyamakazi enye eyayisuselelwe intliziyo ngomlingani omnye iyaqala kwakhona imisebenzi yayo sexual xa ingeniswa umlingani omtsha. Oku akuyona into engalunganga—yindlela yokuhleba esenza ukwandisa ubukakade bezinto eziphilayo. Kwindawo yasemhlabeni yangaphambili, yayilinganiselwe kukubonelela okwenziweyo ngabalingani abatsha. Kwiindawo zesobhu, ayilinganiseli.

| Umthombo awufumaneki. | Ndingayenza ntoni kwi-intengeni yedijithali? |
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| Ukukhuthaleka sexualiya kuvuselelekiswa ngamanye amaxesha yintliziyo entsha yenxiba. Oku kwenzeka ngezinye izikhathi, kuhlaziywe kukubakho kwezixhobo zentliziyo, isakhiwo somphakelo, kunye neqinisekiso lobomi. Inkqubo yokuziva ivumela ukusebenza ngendlela efanelekileyo kuba iintliziyo ezintsha ezifumanekayo kwihlabathi lethu zinomthamo omalunga. | I-pornografi kunye neziklimo zokudibana zinikeza abalingani bokuphimisela ezintsha ngaphandle kwilingelo, kwaye zingabizi. Umthamo waseCoolidge uqala ngalinye ilembe entsha, ividiyo, okanye iprofayili—ukubanga ukunyuka kwe-dopamine engenziwa yindlela yokugcina ukwaneliseka kuba intsha ayipheli. Oku kukuchaphazelo ekudlulele: uchaphazelo oluqinile kwaye oluhlala ixesha elide kunokuba ubushushu beengqondo ezifunyenwe ngazo ukubuyisela umvuzo. |

# Isahluzo 2 — Ukuxakekileko Kwimisebenzi Yesexi: Yintoni Kwaye Ayinto Ntoni.

**I-CENTURION — Ukunandisa okukhulu akuyona ingxaki. Ukulahlekelwa ngolawulo oluzenzakalelweyo malunga nomdla sex kuyinto engxaki.**

Umtshato phakathi kokufanela okukhulu kwaye neengcinga ezikhulu zokuziphatha yinto engabonakalanga ngokuba ngamaxesha, engabonakalanga ngezinto ezenziwa, kunye nangokuba nawo nawona umgca. Yintsinga yokulawula ngokuthandela, kwaye ukuba le nto ibangelwa umonakalo owenziweyo umntu angakwazi ukuwuqala, nokuba ufuna ukuyenza njalo.

| Ona ngumgca wobudlebenyane obuqinileko (imigomo ye-ICD-11). | Ayonto. |
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| Inkqubo enzulu yokuphazamiseka ekulawulekeni imvakalelo ezinzulu, ephindaphindiweyo yezezinto ezixakekileyo — nangona ufuna ukuyenza.<br><br>Ukubamba kwiimveliso ezisexakekileyo ngaphandle kokuba kunjalo kubangele ingxaki enkulu, umonakalo wobudlelwane, ingozi yempilo, okanye ukulahlekelwa kwimisebenzi.<br><br>Ukunyamekela impilo, unyango lomzimba, imithandazo, okanye iimveliso ezibalulekileyo ngenxa yesithubini nomsebenzi ongasetyenziswa kwiimveliso ezisexakekileyo okanye ukufuna.<br><br>Le ndlela yendlela ibikhona ixesha elide (umgaqo we-ICD-11: iinyanga eziyi-6 okanye ngaphezulu). | Ukukhuthala okukhulu okanye imiba emininzi yobudlelwane eyenziwa ngokuzithandela kwaye engenzisa umonakalo.<br><br>Iintliziyo zokuzitshabalalisa ezinto ezingavamile kodwa zenziwa ngemvume kwaye engafanga ukuba ibangele ingxaki okanye umonakalo kumntu okanye kubanye.<br><br>Ixesha lokukhuthala okunyuke ngokwemiba yobudlelwane emva kwentlungu engabuyeli (ubudlelwane obutsha, ukuphulukiswa kwayo nayiphi na into, ukuncitshiselwa komsindo) ekugqibelweni iya kuzinzile.<br><br>Ukungoneliseki kobudlelwane—eyangaba yingxaki yobudlelwane, hhayi ingxaki yokuzithandela. |

## 2.1 — Iintlobo

| Isubhedlela. | Ndingayifumana. | Inkqubo ethile esebenzayo. |
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| Ukusetyenziswa kwevidiyo yobomi obukhulu ngendlela | Ukusetyenziswa olwandleleni olukhulu nangona ufuna ukunciphisa okanye ukonca. | Iingxaki ezingaphezulu zokuthintelwa: Iimbovane ezininzi kwaye ezintsha |

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| engenakudlala. | Ixesha elithathwa kwi-pornography elenza ukuba ungakwazi ukwenza ezinye izinto, ubudlelwane, okanye ukulala. Ukuhamba kwakhulu ku-content eyiingxenye ezinkulu ukuze ufumane umphumela ofanayo njengoko uyafumana kwi-content encinci kwaye engunyiwoyo. Inkathalo yokufumana intlekele nabanye abantu, nto leyo ebanga ngaphambili ngaphambi kokusetyenziswa kwe-pornography olwandleleni. | zomfanekiso zikhawuleza kakhulu kwaye zenza ukuba umthetho kaCoolidge usebenze ngaphandle kokuba iindlela zokuqheba zisebenze. Inkqubo yebhayoloji eyalungileyo ekhokelela ekubeni kwendlu yangaphakathi iyayilungele ukufumana izinto ezintsha, kodwa le nto ayipheli kwaye iyaqhubeka. Ukuguquka kwezinto ngaphakathi kombili kunokuba nempempeyo kumthombo wengxaki yelizwe. |
| Umfani ongaqiniswa omdlala nabanye. | Ukufumana ozinye obambini ngokuphindaphindiweyo ngenxa yento ekudibana nayo kungezi nto yokuthanda okwenkqubo ukuba nomxholo. Umntu uyalandela umbhali, intlanganiselo sex yenzeka, kwaye inyathelelo iyaphela ngoko nangoko—eyenza iphethini yokuphindaphinda. Ukunyuka kwengozi: iintlanganyeliso ezinobungozi olukhulu njengoko ubunzima bokuzifihla kubalulekileyo. | Ukuguquguqulwa kwezinto ngendlela ezinokutshintsha rhoqo kunye nomdla we-dopamine ovela kwiintlobo ezintsha. I-Coolidge Effect kwindlela eyiyo yokuphila. Ingxenye yokubambisana (i-oxytocin) idlala indima okanye ibanga elithile, kodwa le ngxaki yendlela enokutshintsha rhoqo iphazamisa oku kwaye ibangele ukuba kube ngumgca omncinci wokubambisana. |
| Uxinwa njengendlela yokulawula imizwa. | Ukusebenzisa imisebenzi yombane ngokukhethekileyo ukulawula iimeko zemizwa—umxhubuzelo, ukudangala, ubunzulu, ukonakala, nothemba. Imisebenzi yombane isebenza njengomthunyelisi: inikeza ulindi olufutshane kumeko yemizwa kwaye kufuneka iphinde yenziwe ngalo mzuzu xa le meko ibuyela. | Ukufundisa kwe-opioid kwi-receptor yangomdlayo kunikeza ukukhululeka kwexesha elithile kunemithetho emibi yemvelo. Oku kufana nomthamo wokuzitshabalalisa ngamakhambi okudluliselelwa kwe-opioid ngenxa yobuhlungu bemizwa. Umntu ofundile ukuba umsebenzi sex unyusa ngokuthembekile ukuphazamiseko, uza kuyenza oku njengoko umntu onxunguphazwe udla utywala. |
| Ukuziphakamisa ngokuqhelekileyo (ngaphandle koxolo). | Ukuziphatha okungqinelweyo ngokutshabalalisa, okuwilela ngaphandle kokusetyenziswa kwezinto ezifunyanwa kwi-intanethi, kwaye kunceda luloyiko lokufumana i-opioid kunye nokukhululeka kwe- | Ukusebenza kwesixhobo sokunyaniseka ngaphandle kokukhuthazwa kwangaphandle. Oku kunjalo uhlobo olufana kakhulu nokuziphathisa yintliziyo—kananjalo kuba kuyinto |

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| | dopamine, kunokuba liloyiko lokunxibelelana ngexesha elithile okanye ukuthanda. | eyakudala ephantsi nangokucacileyo, kwaye ayikwazi ukubalwa kumimiselo yangaphandle. |

# Isigaba 3 — I-Pharmacogenomics yokuPhakamisa Okungqangqo.

### I-CENTURION – Emeko ezifanayo ezenza umntu ufutheke kwiindlela zokuxilwa zinomthelela nenkqubo yokuphathwa kwezinto.

Iphepha legeni eyandisa ukuba umntu ube nomdla omkhulu kwiimvuzo ezininzi zokuziphatha kunye nephepha elifanayo eliyandisa ukuba umntu ube nomdla omkhulu kwezinto ezinyango nakwezinye iimvuzo. Oku akuyona into eyenzeka ngokungahambiwo—zonke ii-addiction (iimvuzo) zifake kule circuit efanayo yovundisi, kwaye iintshintshi ezifanayo kwimisebenzi yale circuit yovundisi zenze ukuba umntu ube nomdla omkhulu kuzo zonke.

| Variant | Imechanismu. | Uxhumano lwe-CSBD. |
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| DRD2 A1 allele — Sindisi yokuNotithelwa. | I-density yee-receptor ye-D2 ilawulwe ngamaphesenti angama-40. Iintlobo zokunyaniseka zemihla ngemihla—ukutya, ukuxhumana nabantu, ukufezekisa izinto—zibanga umphumela omncane kakhulu we-dopamine kumntu kunale abantla abane-genotype ye-A1/A2 okanye i-A2/A2. Lo mntu ngokuqhelekileyo akufanelwe kukwaniso kwemihla ngemihla. | Nantlo nto ekubandakanya umsebenzi sex, kuyazisa intliziyo kwaye kunceda ukuzikhulula kwindlela eyenziweyo ngumgca we-A1. I-CSBD ibonakala ixhasa iindawo ezinkulu kumakhulu e-DRD2 A1. Umsebenzi sex unikeza idopamine ethile, kwaye le nto ayikwazi ukuyenza ngokwaneleyo ngamanye amanyathelo. |
| COMT Val158Met — Ukwakheka kowayile. | Ukukhululeka kwe-dopamine okukhawulelweyo. I-peak ibalulekile kwaye i-trough nayo ibalulekile. Umntu othi "i-Warrior" unolungelelaniso olukhulu phakathi kwezinto ezibandakanya i-dopamine kunye nezinye ezingabonakalisi. Ukunqoba kwento elandelayo kuyakhawulelwa kukukhululeka kwebanga elikhulu le-dopamine yangaphambili. | Ukukhuthala komntu kunye nomdla wokuncintela ubudlelwane bomlingo buxhomekeke ekufuneni kwengxenye yomlingo (umgca wokuzifuna nokunqoba obuqinisa ngokukhethekile inkqubo ye-dopamine yomntu). Kwaye, kuxhomekeke kumkhuba wokwandisa ukusetyenziswa kwezinto ezinobutyebi (umfuneko weziqingatha ezintsha kunye nezinamandla ukuze zilingane nomjikelo oqhelekileyo we-dopamine). |
| MTHFR C677T ezigqibelelayo. | Ukuncitshiswa kwe-BH4 kunciphisa ukukhiqizwa kwe- | Umntu onobunzima kwaye unobugesi obuncinci be- |

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| | dopamine ne-serotonin. Ukungabi nanto ye-serotonin kubalulekile apha—i-serotonin yisixhobo sokugqibela. Ukuncitshiswa kwe-serotonin kuthetha ukuncitshiswa kokugqibela, okuthetha ukuba ixesha lokuhlala elide lincitshiwe kwaye ufuno ibuyela ngokushesha. | serotonin kunokuba nexhama elifutshane lokwaneliseka emva yexesha lobudlelwano. Ukuzimisela okungapheli—ukusetyenziswa, ukwaneliseka esifikelelweyo kancani, ukubuyela ngokukhawuleza kwemfuno—kuxhomekeke kakhulu kuloo nto enokuba yimiba malunga nokunyaniselwa kwe-serotonin. Ukwelashwa nge-5-MTHF kunceda ngokuqala ngokusekelayo ukwenza i-serotonin. |
| MAO-A (i-Monoamine Oxidase A) — igeni lokulawula inkqubo. | I-MAO-A iyatshabalalisa i-serotonin ne-dopamine. Ezinye iindlela ze-MAO-A zibanga ukuba kukho okuninzi kakhulu kwexesha elithile (ukuncitshiswa kwe-serotonin, ukunyanzela okukhulu) okanye ukuncitshiswa okuncinci (uluhlobo olwahlukeleyo lokutshintsho kwezinto ezisetyenziselwa ukuthumela iimbunguzo). Indlela ephantsi ye-MAO-A ihlala ixhaswe kukunyanzela okukhulu kunye nokuziphakamisa. | I-MAO-A ephantsi kakhulu ibonakala ngakumbi kwimisebenzi engqangqo, kubandakanywa i-CSBD. Inxenye yengqangqo—ukuziphatha ngokweceba kangangokuba kungekho mxholo onamandla oluqukethe iserotonin—inexesha elithile elidluliselwa yi-MAO-A. |

# Isahluzo 4 — Isikhundla Somdla: Ngenxa Yesiphi Okuba Umdla Wenza Ukuba Yintlungu.

**I-CENTURION – Ukuba neNgxaki Malimo Kubanga Yiyo Ukuba Ifihlwe, Kwaye Phakathi Kwento Eyafihliweyo, Iyakhula. Inkathazo yinto eyenza ukuziphatha okungqinelene nexesha kukhule.**

Ukuzifihla ngokwezinto ezinxiba yinkqubo yokuthanda eyomileyo enobudlelwane obukhulu phakathi koxuku kunye nokufuna inkcazelo. Ubungakanani phakathi labantu abanokuqala kwe-CSBD kunabafunayo ukwelapha kubukhulu ngale nkqubo kunanye enye kwicandelo leenkqubo zokuthanda. Iingcebheko yile nto yokuzikhwela—ukuzikhwela okuthile, obuqinileyo, ekubeni kwiinkambu ezininzi zenkcubaluntu.

Iintlungu zokuzikhwaphaza zixhasa zazo ngokwayo kwaye zinomthelela ombi.

**I-SPIRAL YOBULWADANO.**

1. Ukuziphatha okungqinelweyo kwenzeka.
2. Ukuzikhukhumeza okunzulu kulandelayo— "Kunjani into engenziwa ngabantu, kutheni andikwazi ukuyeka oku."
3. Ukuziva ububele lubanga ukudibana ngokweengqiwa (ukulangazelela, ukuba neentloni, ukuzifela).
4. Ukuziphakamisa ngokuqhelekileyo yindlela enokuthandwa kakhulu yokunciphisa ingxaki yemizwa (ukusebenza kwe-opioid receptor).

Iindlela zokuziphatha zibuyela ngokuphinda-phinda ukuze zisombise ubuhlungu obubangelweyo yindlelo yokuziphatha yangaphambilini.

6. Ukuziphakamisa okukhulu. Ubuqumiso buphuma. Ukwahlukana kubalulekile. Le ndlela yento kuphela enokunika ulindi kwiimo ezifihlakeleyo kunye nobudlova.

**Ukuba nesizungu ngokuphimiswa ngokungahlaziyeki akuyi kuyilungelelanisa. Ukuzizwela kunyusa ingxaki engqinelweyo ekubandakanyekile kwayo. Ukuzizwela yindlela ekhusela ukujikeleza-nje.**

Okwenzi lutho ukuba le nto ibalulekile okanye ukuba imiphumo yayo kufuneka incitshisiwe. Yinto ekujongweni ngendlela into esebenzayo: ukusetyenziswa kwentshoko njengendlela eyekelwayo yokulalisela umntu onokuzifihla ngokoyilo lwezinto ezinxiba, kunciphise umphumela wemithi. Kufakwa ekubandakanyeni intliziyo engabhekanga kwindlela enye, kwaye ibalulekile ukuba yintoni. Indlela efanelekile kukuba ususe intshoko ngokupheleleyo kwiindawo ezifunekayo kwaye ubhekise kuloo nto njengendlela ephantsi yobomi kunye nomntu.

## 4.1 — Ubuqaba nje njengomgaqo oluxhasa.

Ukutyiwa kwimfihlo kunyusa ukuzifumana ngokungqinelene ngendlela ezininzi:

- Imiyaloyo ayinakudluliselwa—imikhuba efihliwe kubo bonke abaxhasi kunye nabancedi ayikwazi ukuhlolwa, ukuthiyatyezwa, okanye ukubanjiselwa kwiintlango zokuxhasa ezifunekayo kwindlela yokwelapha. Imiyaloyo iphilile emnyeni apho iyakhula khona.
- Impilo emibini ibanga kakhulu ukusebenzisa ingqondo—ukugcina iimbini zabakho ubomi bendlu kunye nobomi bangaphandle malunga neentliziyo kufuna izinto ezininzi zengqondo ezinokusetyenziswa kweminye imisebenzi, njengokuzikhulula. Umntu ophatha umfihlo wakhe akukwazi ukuzibandakanya ngokupheleleyo kwiinkqubo zokuphucuka.
- Ukutyiwa kwimfihlo kuthiwe kunciphise ukuzimisela—indlela enamandla kakhulu yokutshintsha imikhuba engqangqo kukuxhumana okwenzeka khona. Umntu onokuqala kweengqangi ezilungqiwayo, kodwa akwanalishwa ngabanye abazi yena, akanayo inkqubo yobulungiswa yangaphandle.
- Ukuziva ubuhlungu ngenxa yokufunyaniswa—ubudlelwane obuphelileyo ngenxa yokuphunyezwa kwendlela eyimfihlo kwaye ihlala ixeshana kangaka yobuxekete bendlu (ukuziphathwa kwezentsebenziselo) kubangela ukuba umntu azive ubuhlungu ngendlela ethile (ubuhlungu bokuhlaziywa) ekunzima ukuyithatha, kwaye le ndlela ibuhlungu ngayo inzulu kunokuba yenzeke ngokwesiqhelo uma kwakuyiPhethwe phambili. Kodwa nayiphi na into eyimfihlo ixeshana kangaka, umonakalo onokuvela uya kuba mkhulu.

# Isahluzo 5 — Ubuxhobo bomtshato.

**I-CENTURION – Oku kunjalo ngumgca wobungozi obukhulu kakhulu obandakanywa kukuhlukumeza okuyinyani. Kufanele kubizwe ngentliziyo, kodwa akufanele kube yinto ekubalulekileyo kuphela.**

Imiyalelo emibi enkulisa ubudlebenya (i-ACEs) – ikakhulu ukuziphathwa okungafunekanga, kodwa nakukubulala ngomzimba, ukungabheteleka ngokweengqiqo, kunye neengxaki kwikhaya – zibonakala kakhulu kubantu abathuthukayo ngobundlungu bokuzifihla. Lo xhwango aluyi njalo yimbophelelo, kwaye akuyona yonke ingqiniso kuyo nayiphi na into. Kodwa kuyinto eyinxenye enkulu ekufanele ibhekwe kwixesha lokunyamekela.

| Inkqulelo. | Ndingayenza njani umngama wobungozi bokukhulelwa okungahleliyo (CSBD)? | Ukubaluleka kwindlela yokwelapha. |
|---|---|---|
| Umtshato wokuqala onobungozi obomileyo owenza ukuba umtshato | Xesha enokuphimiselo yexesha elingqongqo kwixesha lonyango, | Ukuncamelana okuxhasa ukulungiswa kwimiba engqangqo (njengoko |

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| ube ngumgca olawulwa ngaye. | ukudibanisa phakathi kweemvakalelo zokuzitshisa kunye nombhobho (ukukhuluma okungachanaxa, ingxaki, intsapho/umhlaluthelo) kungaba ngokuphazimele. Umntu ungaqala umsebenzi wokuzitshisa aze azama ukubuyela kwaye alungelele umbhobho ongenakuhlaliswa. Ubungakanekanga bomsebenzi kunokuba bubungakanekanga bobhubhe obungalungiswanga. | kunokuba yi-EMDR, ukuziva komzimba, kunye ne-CBT ebonisa imiba engqangqo) kufuneka kusebenziswe kanye nokunyango olwahlukileyo. Ukunyango olwahlukileyo kuphela ngaphandle kokucamelana kwemiba engqangqo luyalungisa uphawu, kodwa akulungisi isizathu esibangelayo. |
| Ukunyamekela okuncinci kunye nokufunda ukulawula imiziva. | Iintsana ezikhulayo ezingabonakali zifumanisa iimfuneko zabo zemizwa ngabantwana abanakeleyo, bazifundisa ukuzilawula ngokwabo. Xa umsebenzi wobutyebi ufumaniswa njengendlela yokulawula imizwa—eyinto evamile kwiintsuku zobuntwana—uyaba yindlela esemthethweni yokulawula ingxaki xa abantwana abanakeleyo bangasiboneleli ngokusinika inkuthazo. | Umntu owayifundile ukusebenzisa imisebenzi yombane ukuze alawule imizwa ngaphambi kokufunda ezinye iindlela zokulawula imizwa, kufuneka afunde iindlela ezintsha zokulawula imizwa—akunguyona into yokumisa kuphela ukusebenzisa imisebenzi yombane njengendlela yokuzilawula ingaphandle kokufunda ezinye iindlela. |
| Ukuhlazwa kwentetho kunokuchaphaza, kwaye iindlela zokuzonwabisa/zokunyanzela. | Ukubambezeleka okungakhuselekanga (okukhulu okanye okunqabileyo) kubangela iindlela ezithile zokuziphatha sex. Ukubambezeleka okukhulu kunyusa umthamo wokufuna ukuxhumana sex ukuze kulawulwe inkxalabo yobambeko. Ukubambezeleka okunqabileyo kubanga indlela yokusebenzisa sex ngaphandle kokuba neqiniso—ukuxhumana okungenza umntu azive ubonakalayo kunqunywa, | Itherapy yokuphuculwa ezigxininisa ubudlelwane ibhekisana nomkhuba obumbekayo. I-CSBD yintatho yesu kwaye yenye yeendlela zokuzibandakanya—ukutshintsha indlela yokuzibandakanya kutshintsha umsebenzi wesi sixhobo. |

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| | kwaye into ekwenza ukubonakala njengokuxhumana kodwa engenako ukubonakalisa ayenziwa. | |

**Umgaqo oluphambili: Akukho wonke umntu onobungozi bendawo yengqinga (CSBD) oqinileyo nolwazi lweentloko. Abaninini abanalo. Ulwazi lweentloko, xa lubukhona, lubalulekile kwaye kufuneka lujongwe. Xa alunabi, akufanele kuthiwa okanye kungezwe kwisithandathu sendyango yezempilo. Ubungakanani bomzimba kuphela—ukuntsapho kokubuyisa, i-Coolidge Effect, ukuvuselelwa kwe-dopamine/circuit ye-opioid—kwanelisekile ukwenza uCSBD ngaphandle kolwazi lweentloko njengomgaqo oluphambili.**

# Isahluzo esithile esenzelwe iimonakalo zombhobho.

### I-CENTURION - Iimpaphelo zokukhanya yinto ekhuthazayo kakhulu— eyomile ngakumbi kunantlangano enye esebenzileyo kweemvakalelo zemilingo yenkqubo yempumelelo yengqondo.

Ukusetyenziswa kwevidiyo eyinye yendlela ebanzi kakhulu yokubonakala yobunzima bokuzifihla ngokoyilo lwezentlalo namhlanje. I-Intanethi yenze ukuba ifikeleleke, ngentengo engabonakalisiwo nangempumelelo engenamngcipheko, umthamo omkhulu kwaye oshintshayo wezithandani ezibonakalayo - echukumisa ngokungqubana i-Coolidge Effect ngendlela eyayingabi nakuba kwixesha elidlulileyo loluntu. Inkqubo yokubuyisela intliziyo ayenzelwanga le nkqubo yokuphuma.

## 6.1 — Imiphumo eziqhelekileyo kwiinethiwe ezibangelwa kukusetyenziswa kwevidiyo yobomi sexwayo.

| Umphumela. | Imechanismu. | Ukuvela kwemithi. |
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| Ukuncibilika kwisimo esithile esifanele ukuba kunamandla. | Ukukhuthazwa okuqhubekayo kunokuba ngaphezulu kwendlela esemelekileyo yefomula yombane yeempawu zokunandipha. Oku kuholela ekutshintshweni okufanayo nokuncitshiswa kokusebenza njengoko kuhlala kwenzeka ngenxa yokunyamekela izinto. Umgca owayenamandla wokukhuthaza umntu ngokuqhelekileyo uya kuba nomphumela omncane ngokuhamba kwexesha. Umntu uyakufuna ukuzifihlela ngezinye iindlela ezintsha okanye ezingathathiweyo ukuze afumane umgangatho wokukhuthaza owayenamandla ngaphambili. | Umkhuba wokunyuka: umntu oqalise ngemixube encinci kwaye eya phambili kumixube eyiingqiqimba ezinkulu ubonisa ukunyuka kwexesha kunye nokutola amandla okwenzeka kwiintlekele. Ukunyuka akuyona inkathazwe-ntliziyo— kukunyusa kwezikhathi zokufumana umsebenzi. |
| Ukuncipha koxinyezelelo phakathi kwabantu abathile. | Inkqubo yempendulo sexual yenkalo iqala ukuzivumela kwiimpawu ezithile zokukhuthalisa kwevidiyo eyomileyo — okubonwayo, into | Ukungabi nakwenzeka ukuba umfana omncinci afumane uthango, ngakumbi ngexesha lokusebenzisa ubuxeleleko nomntu onguye yena, kodwa |

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| | entsha, engenamngaqala, engapheli. Abaxhasi beqinileyo ababonakalanga ngendlela efanayo, abafumaneka ngokufanelekile, kwaye kufuneka ukuzibandakanya kwenhlekelele kunye nomthetho obungongezelelwa kukukhuthalisa kwevidiyo eyomileyo. Ukukhuthalelwa okuba yinto ebalulekileyo ekubeni ngumxholo wendlela yokukhuthalelwa eyomileyo, kodwa ngoku kuyenzeka kakhulu nabaxhasi beqinileyo. | engazifumani ngokuphinda-phinda ngexesha lokubukela iividiyo ezithile. Oku kwiimbovane, hhayi kweengqondo. Iphepha lempumelelo lishintshile ukuba liyenze ngokwezinye izinto ezingabonakaliswa umntu onguye yena. |
| Ukunyamekela kwegebhoni eliphambili (prefrontal cortex) kunokuchaphazela ukulawula imvakalelo. | Ukusetyenziswa kwezinto ezibandakanya ukubonakala kwebahle bona kunokuchaphazela umthamo we-prefrontal cortex kwaye kunyuke ukulahlekelwa kokuxhumana phakathi ye-prefrontal cortex ne-limbic system kumatyalimpi bezithombe. Oku kufanile nomxube onjengesifo sokuthanda izinto. I-prefrontal cortex inikeza "isixhobo sokuyeka". Xa le ndawo iphilisiwe, ukukhuthala kwe-limbic system kuyakwanda kwaye amandla okuyeka afunyenwe. | Umntu othi ufuna ukuyeka ukusebenzisa i-pornografi kodwa engakwazi—umntu osukela, eqala ukuyeka, kwaye emva koko ubuye ekubuyela ekusetyenzweni—ufundisa ngokuphazamisekile kwengxenye yegama elithi "prefrontal" ekulawulekeni kwenhliziyo. Oku akuyi kukuba umntu unganalo ixesha lokuzibophezela. Yindlela echaziweyo yokusebenza kakhulu ye-nervous system ngenxa yokusetyenziswa okukhulu kuloo nto. |

## 6.2 — Iprotocolo Yokulungisa Ubuchule Bemifanekiso Eyingxaki.

**Inkqulelo yokuphumla kwi-pornografi: Qaphela ukuba oku kuthetha ukuba uphumle ngaphambi kokuba uqale. Kubantu abaninzi abathathe inxenye kwiinkampani zokulibazisa, ukuba uphumle kusho: ukungayisebenzisi i-pornografi ngokuzithandela (ukubukela okanye ufunde ulwazi olusexwaleni olwenziwe ukubangela umthombo). Le nkqulelo ishiya ukusetyenziswa kwesandileyo (ngaphandle kwe-pornografi) njengombuzo osemgangathweni onokuqaliswa ngumntu ngamnye ngokuhambelana neefreyimu zabo zokulibazisa kunye nemigomo yabo.**

- Isoftware yokuqinisekisa: Covenant Eyes, Bark, Circle, okanye ezinye izixhobo ezifana nalezi ezikhanyisela ukufakwa kwezinto eziphazamile okanye zibika

iinkqubo zokungena kumntu othile kumxeleleyo. Umntu oqinisekisa uyazi ukuba lo mntu usebenza kule nkqubo. Indlela yokugcina izigwalo iyatyiwa. Isoftware ifakwe kwaye i-imeyile yomxeleleyo isetwe phambi kokuba umdla oluphambili ufiwe, hayi ngexesha lomdla.

- Ukunciphisa ukuxhushwa kwesixhobo: Ukuba i-smartphone yindlela ekhethekileyo yokufinyelela, susa isikhangiso se-browser kwi-smartphone. Ukuba ikhompyuter yindlela ekhethekileyo yokufinyelela, zithwale ikhompyuter kwigumbi elikhululekile ekhaya. Phakamisa ukuba ungabukelanga ngendlela eyimfihlo—le nto ibaluleke kakhulu xa ungenayo nabanye.
- Ukulwa nesinye esifunayo: Isinqubo yokuba nesinye esifunayo ukusetyenziswa kwezinto ezinobunzima yexesha elide, kwaye iqala kwiiminithi ezili-15 ukuya kweziyi-30 uma ingenziwanga. Ukufunda ukubona isinqumo ngaphandle kokuyenza—ukuhamba nesiqu sesinqumo esifunayo kunokuphendula kwisinqumo esifunayo—yeyona nkqubo ebalulekileyo yokulibazisa kwaye ulungise umswakama wokusetyenziswa kwezinto ezinobunzima. Yonke into enonyango oyenza ngokuphumelela yemimini engamashumi amabini ibaleka ukuba kunokunyamekela kwengqondo esinqumweni, kwaye okuya kunciphisa umandla waso ngokuhamba ngexesha.
- Ukuhlamba ngamanzi abandayo okanye ukubhejiswa kwiface ngamanzi abandayo: Le ndlela yamanzi abandayo ikhuthaza ngokukodwa i-"diving reflex" kunye nomphumela we-norepinephrine, echukumisa isimo esiqinisekisweyo elikhutshiweyo yi-dopamine. Isebenza kuba usebenza ngokwenzakalo yomzimba, hhayi ngekamva.
- Ixesha leentsuku ezintathu ezingama-90: Ucwangiso lwentloko yebhufa malunga nokusetyenziswa kwevidiyo eyomileyo lubonisa ukuba iintsuku ezimalunga nezingama-90 zokungenasetyenziso zidingekile ngaphambi kokuba isakhiwo semivuzo esithintekile siqalise ukuphinda lusebenze ngokunjalo kwiimpawu zemvelo. Ixesha leentsuku ezingama-90 yintlangano yokuqala yokubuyela kwakhona, hhayi ukugqiba koko.

# Isigaba 7 — Ubume bendaPhindiselweko.

**I-CENTURION – Inkonzo efanayo neyonawo yonke ezinye iindlela zokuxhasa ukuzithobela. Ngomgaqo omnye ongeziweyo: Umimiselo wokuzithobela kufuneka ube ngcono.**

## 7.1 — Ukuchaza ukuzithobela kwezentsebenziswano.

Njengokuba kukungatshabalalanga, apho ukuzithobela kubonakalise njengento eyodwa (ukungasetyhenzisi nto), kodwa ekuzithobeleni kwezentsebenzileyo kufuneka umntu wonakele ngoko kuyinto efanelekile kumntu. Inkqubo yokuzithobela yisitatymende somntu—ngokuqheba eyenzelwe kunye nomdlaleli—efundisa:

| Yintoni okufanele kuchazwe? | Imiyalobhalo yezinto ezichazayo. | Ukuba ukucaciseyo kubalulekile. |
|---|---|---|
| Imiyalobhalo ebalulekileyo—amanyathelo athile abonisa ukubuyela kwindlela embi kumntu ngamanye. | Kwiintluleko zokusetyenziswa kwezinto ezinobutyebi: akukho ukusetyenziswa kwezinto ezinobutyebi ngokuzithinta.<br><br>Kweengcinga ezifunayo abalingani: akukho iintsapho ezimanyeneyo okanye ezisoyika.<br><br>KwiyeCandelo lokusebenzisa ubuxulu njengendlela yokulawula imizwa: akukho msebenzi wobuxulu njengesiphumo esisemthethweni kumalimo omzwelo. | Imiyalelo engaphandle kokuphumla kunokucacela okukhulu ekubandakanya impendulo ecacileyo "ee" okanye "hayi" kwisimo ngasinye. 'Akukho miba yobuqilima sexwale' akuyona incazelo—kuncoko kunciphule ukuba kunokusebenzisa. 'Akukho i-pornography, akukho izicelo zokuphumla emva kwehora lesi-9' yincazelo. |
| Imiyalobhalo engaphakathi—imisebenzi eyayingoyena yenzeliso ngokwayo kodwa eyaziwa njengemiba eqala ukubangela isenzo sokubuya kwiindlela ezimbi kwesi sixhobo. | Ukuhlala yedwa kwihotela ngaphandle kokuba nabani onxibelelane naye. Ukuzula kwi-akhawunti ethile yeemidiya zombutho. Ukuba kweendawo ezithile ngaphandle kwesicwangciso. Ezi zinto yindlela ekubonakala ngayo ukuba umntu uza kusela, kodwa akuyona into eselwe | Ukuqaphela kumgca ophezu kunceda umntu ukuba azi xa yena upho kwiindawo ezisengxenyeni yokubuyela kwindlela embi—kwaye athathe amanyathelo ngaphambi kokubuyela kwindlela embi, kungekhona emva koko. |

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| | kuyo. | |
| Iindlela ezifanelekileyo zokuziphatha kwi-sikhalo sangaphandle—ukubonakala kwezinto ezinxibelelene nobomi sex, okuhambelana nemigomo yomntu kwaye ikhuthaze ubomi sex olunempilo. | Ulwakhiwo lweentlobo zokuzonwabisa:<br><br>* Ubulawulo bendlu.<br>* Ukuzithuthuthisa ngaphandle kwezinto ezibandakanya i-pornografi (ukuba oku kulungile kumntu).<br>* Iindlela ezinempilo zokuphuma nedate.<br>* Ubuhlobo bomzimba obungaluthandi ukuzonwabisa okumandla. | Ukubuyela kwempilo akumalunga nokususa ubuxhwele. Kumalunga nokufumana ulawulo oluzenzakalelayo ngobuxhwele. Umgca ongaphambili uthi ukubonakala kobuxhwele obulungile kunjani, ukuze ukubuyela kwempilo kuphumelela kwaye kufikelele kwinto ethile, kungezi kuphela ekwenzeni izinto ezimbi. |

## 7.2 — Iiphakelo zokunceda ukulungisa i-CSBD.

| I-supplement. | Idosi. | Ixesha. | Ndingayenza ntoni ukuba ndifile? |
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| NAC (i-N-Acetyl Cysteine) – yileyo eyona nto ihle kakhulu phakathi kwezinto ezongezezekile zokulungisa imikhuba engqangqo. | 600mg kabhede ezimbini ngosuku. | Mkusho kunye namaxesha ebandakanyekileyo. | INAC iyayilulungisa ukulingana kwe-glutamate kwi-nucleus accumbens kunye nefrectal cortex—ukuhlazwa okuthe xhasa ukuziphatha ngendlela engenakudityaniswa. Izivhumaniso zechiza zibonise ukuba i-NAC iluncathe umthamo wokuphathelana ngendlela engenakudityaniswa kwiindlela zokugembula, ukutshabalalisa izinwele, kunye nokusetyenziswa kwezinto eziqala. Umthetho wokulungisa i-glutamate uya kuphantsa umgca wokuphathelana ngendlela engenakudityaniswa ngaphandle kokubangela ukunyamezelwa okanye ukuphantsa inkqubo yomvuzo. |
| 5-MTHF – inkxaso yokukhiqizwa kwe-serotonin. | 400-1000mcg | Mhla mhle. | Inkqubo ye-serotonin yisixhobo esibonisa ukuba umntu uqaphelile—umgca omiselayo ongafanele ukusetyenzwa kwindlela yokuziphatha |

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| | | | eyomileyo. Kubantu abanezinto ezimbini ze-MTHFR, ukungabiwo kokuveliswa kwe-serotonin kunyusa ixesha elide apho umntu akanakwenza into ethile—kwaye kunceda ukubuyela kwesifiso. I-5-MTHF inikezela ngokusetyenzwa okuthe xaxa kwindlela yokuveliswa kwe-serotonin ekuncediseni ukuba umntu uqaphele. |
| I-sink - inceda kwi-metabolism ye-testosterone ne-oxytocin. | 15-30mg kunetyuwa. | Ubusuku obuhle. | I-sink yi-cofactor kwi-metabolism ye-testosterone kunye neeenzimbi ezibandakanywe ekukhiqizweni nasekulinganiseni kwe-oxytocin. I-testosterone enempilo isekelwa ukuba ibonise ulwazi olufanelekileyo (hhayi oluninzi) lokunxiba. Ukuxhasa i-oxytocin kukhuthaza ingxenye yokubambisana yomsebenzi sexual, echazwe ngokukhethekileyo ngumdlalo wokuzifihla kwezinto ezixakekwayo. |
| Magnesium glycinate. | 400mg ye-elemental. | Ubusuku obuhle. | I-oksitoksini yenzelwa ngamanye amakofeksi. I-glycine iyinxenye eyenza ukuba ibe yi-NMDA co-agonist, echwetheza inkqubo ye-glutamate kunye ne-NAC. Imiphumo yokuthambeka ye-magnesium glycinate iluncazisa ingxaki yentliziyo enokubangela iindlela zokusetyenziswa kwesexile njengendlela yokulawula imizwa. |
| I-Vitamin D3. | 2000-4000 IU | Ukuseni kunobunzima. | Ukuntlontelwa kwe-Vitamin D kubandakanywe nokulahlekelwa ekulawulweni kwimigomo kunye nokuncitshiswa kwekudlala. Ii-receptor ze-Vitamin D zikhona kuzo zonke iindawo ze-prefrontal cortex—eyona ndawo ibalulekileyo yokulawula, echaza "isixhobo sokuyeka". Ukuntlontelwa kunciphisa ngokoqela amandla e-prefrontal asekufunekeni ukubuyela |

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| | | | kwindlela olungileyo kumntu onokuzifihla ngokugxilisayo. |

## 7.3 — Izixhobo zokuCwangcisa Ezichwepheshileyo.

I-CSBD inabahlengikazi abafundisiwe ngokuqhelekileyo abangaxhutywa ngokupheleleyo yiphulo elibanzi lezithixo.

- Abahlengikazi be-CSAT (Certified Sex Addiction Therapist) ngabantu abafundisiwe ngokukhethekile ekuhlinzini kweempembelelo ezingamangalanga kusebenzisa uhlelo lwenkxaso ye-IITAP. Ukuze ufumane umbhali we-CSAT, ndiyakucebisa ukuba uye kwivenkile le-iitap.com.
- I-Sex Addicts Anonymous (SAA): inkqubo yezinyathelo ezintandathu eyenzelwe ngokukhethekileyo ukunceda abantu abanobungozi bokuziphatha ngobomi sexual, kwaye ineCandelo elibanzi kunye nolulungisekayo lokuba nesimo esinzile (sobriety) xa kuthethwa ngeenkqubo ezijongene nexesha elifanayo. Umphakathi uyaqonda ukuba kukho ubungozi obuqinileyo bokuziphathisa kwaye akahlalisisanga imiba ethile yobomi sexual.
- I-SMART Recovery: indlela yobungqinqulelo esekelwe kwiinkqubo zokuziphatha, ayisebenzisi imodeli yeengxenye ezilishumi nesithathu. Ifumaneka kubantu abanalo ukufaneleka kwindlela yokuphakamisa amandla aphezulu.
- Abafani abaxhaphazileyo: ukuba kukho umfani osezulwini olukhulu ngenxa yokufumaneka kokuziphatha okungqinelweyo kwezentse, lo mfani ufuneka ufumane inkxaso yakhe—i-COSA (Co-Sex Addicts Anonymous), i-SANON, okanye ukwelashwa ngomntu oqeqeshiwe kwi-CSAT. Ukulibazalwa lomfani kunengqiqo kwaye kufuneka kulawulwe ngokwahlukileyo kwindlela yokwelashwa yobudlelwane.

# Isigaba 8 — Ubume bendawo yempilo yenkcubeko.

**I-CENTURION — Ukulibazwa akukungumhlalaphansi wokuziphatha. Yukulibazwa kwemisebenzi yobomi eyenziwe ngokunyananelwa, exhumene, kwaye eninzi intyatyambo.**

Le ngxenye igama into ekuyijongwa yile nkqubo yokulula, hhayi ngokwezinto ezithile ezinokuba zifana okanye ubudlelwane obuqinisekileyo, echazwe kukubakho komntu, umthamo kunye nemigomo. Kodwa ngoku kwakhona, kwiimpawu zebungqelewana kunye neempembelelo zengqondo ezifaneleyo.

| Ikhwalithi. | Kunjani ibonakala. | Indlela yokuba umntu angene ekubeni nomdla ongapheliyo kwiyeza. |
|---|---|---|
| Ukulawula olunyangelelayo. | Umntu unokukhetha ukuzibandakanya kwiintsomi okanye ukungazibandakanyeki ngokwevolontiya, kususela kwifuno yangempela, imeko, kunye neenxenye zokuphila. Umntu unokukhetha ukuqeda le nto ngenxa yezizathu ezifanayo. Le ndlela yokuziphatha ilawulwa ngumntu, hhayi kukufuna okungagwilijiweyo. | I-CSBD ikhethe ngokwahlukileyo le ntlawo. Umntu uyenza into engafakazeli ngamahlakani akhe kunye neminqweno yakhe. Ukubuyela kwempilo kubuyisela amandla okuzilawula ebhulokhwe eliphambili, okuvumela ukuba umntu enze ikhetho lenkuthalo. |
| Umthamo wokuba ngumntu onenhlanhla. | Ulwazi lwezenkolo oluqinileyo oluyanceda abantu ukuba bafumane inkuthazo kwiindlela ezilungileyo. | Ukuzifumana ekubeni nomdla wokuxakeka kukhokelela kumalimo ahlala ezenziwa ngezinto ezininzi ngaphandle kwemfuno yenkcubeko. Umntu unokuba neemvakalelo zokuphulukiswa, ukucela, okanye umthamo—kodwa akufanele wayazi na into efanayo nemfuno yenkcubeko. Ukululama kubaluleka kwaye kusindisa imfuno yenkcubeko njengento ekwenza ukuba yenzeke. |
| Uxhumano. | Umsebenzi sex esebenzisana nomvuzo womoya kunye nomxholo omtshutshwana nomlingani—umgca | Imisebenzi yombane eyenziwa kaningana engenayo ukudibanisa kunokunciphisa kancinci amandla okuxhumana |

| | | |
|---|---|---|
| | wokudibanisa we-oxytocin owenziwa ngokuqhelekileyo kwiimiba yobungane, kodwa ohlala evavanywe yimisebenzi sex eqinile (njengokusebenzisa iividiyo ezithibekisayo kunye nokutshintsha abalingani rhoqo). | ngokombane. Ukulungiswa kuyakubuyisela udibaniso olwenziweyo yi-oxytocin, oku kunjalo umfanekiso wemisebenzi yombane enempilo. |
| Ukuthethelela. | Ixesha elingavamile emva kwayo nayiphi na into eyenza umntu azive ubuhle - isimo esiphosayo emva kokuziva ubuhle, echazwe njengobuxabiso obuqinisekileyo, engaqhagi ukunqanywa kwento entsha ngoko nangoko. | Ukuzifunyanisa ngokwezinto ezinxiba ngokuphindaphindiweyo kunokubangela ukuba kube nekhithi apho, emva kokukhululeka, umntu aziva enyanyekile esebenzise okanye afumane inkuthazo, kwaye oku kuya kwenza ukuba uhlale efuna ukuzifunyanisa ngokuphindaphindiwe. Isignali yokuqheba ye-serotonin iyalayishwa kukudibana nomdla obangelwa umvuzo wokungcwaliswa. Ukubuyela ebuntwini kubuyisela ukuba kunokuba nekhithi ngokwemvelo. |

## 8.1 — Ukutshintshiselwa kweengxenye yomzimba.

Njengokuba kunjalo kuyo yonke inkqubo yokuxhwala yobuqilima kwi-ath sangesi "No Substance Required", into ekwenzayo eyomilekileyo kunye neyinkimbizo echongiweyo efumaneka kwindlela yokuziphatha exakekileyo ingabonakala. lingxenye ezithile ze-CSBD ezinokutshintshwa:

- Ukunqanywa kokuba ngumntu onomdla kwaye ufune izinto ezintsha: Umgca womlomo "Warrior" ukhuthazwa kukuba angene kwezinto ezinobomi obukhulu, ezintsha, enokuthiwa yimikhankanyi, umdlalo wezemidlalo ogxile kumgangatho ophezulu, uhambo, ukudala izinto, kunye nokuba ngumvelisi. Ubukakuhle kukubona ubunzima. Indlela yokwenza into yayingumbandela.
- Ukukhwela umgca lokuba ngumntu onomdla kwaye ufuna ixesha elide nabanye abantu: ukunqulwa kokufuna ukuxhumana kwengqiqo—eyayingenisa ekubeni kunokuba yindlela yokufikelela kwiintlango zokuxhumana—kunokutshintshiselwa kumgca wokukhuliswa kweentlobo zezibini ezidibaniswe, ezinzulu, nezixhumiweyo. Into eyifunwayo yayilwexhweme. Indlela yayingenisa ekubeni ayinikezi umphumela ofunekayo.
- Imiyalelo yokulawula imizwa: nayiphi na imizwa eyayilawulwa ngayo ukuziphatha okungqinisana (umxhubhe, ukuba neengxaki, ubunzulu,

ukonakaleda) kufuneka ifundwe ngendlela ezintle. Ukunyamekela umzimba, ukuzivocavoca, inkqubo yobugcisa, kunye nokuxhumana nabanye—zonke ezi zinto zingcono kwaye azinanto enokuba yingxaki. Iileyo zixhasa ze-DBT ezithi "TIPP" ezivela kuluhlu olupheleleyo zisetyenziselwa oku.

# I-Summary — Ibhayoloji, Indlela esebenzayo, Ukululama.

**I-CENTURION – Oku akuyona into engxakazisayo. Yindlela yobomi. Le nkqubo efanayo yokulibuzwa isebenza.**

**YILETHU ELILEYO KWESIHLOKO SINCANE.**

Ibhiliyoloji: idopamine, i-opioids endijeni, i-oxytocin, i-Coolidge Effect, ukuthakaselwa okungaphezulu kwezinto ezibonakalayo. Indlela yokusebenza ithile, ibhaliwe, kwaye ayilona ulwimo lomntu.

I-pharmacogenomics: DRD2 A1 (ukuntlontlantla okuncinci), COMT Val/Val (umgca olukhulu lokufuna), MTHFR C677T (ukungathathiwa kwesiruthini ngokupheleleyo). Ezi zinto ezifanayo nezokuxhwala kwezinto.

I-CSBD kwi-ICD-11: oku kunjalo ukuba yinto echaziwe kwikhlasifikezishini yehlabathi ye-WHO, hhayi umhlaluthelo wamora ogqityelwe ngolwimi lwedokotela.

Ukuziva ukuba ungeniso kwenza into ibe mbi, ayincedi. Ukuziva ukuba ungeniso kuyongeza kwiingxaki zemizwa ezibangela ukuba umntu aziphathe ngendlela engafaneleyo. Ukususa le nto yokuziva ukuba ungeniso kuloyisi lokuqala oluyanceda kwindlela yezokwelapha.

Iphepha leeprofilile ezinxibelelene nepornografi: ukukhuthaleka okungaphezulu kwesilinganiso esijwayelekileyo, i-Coolidge Effect, ukuncitshiswa kokuziva, ukuncitshiswa kokuphimisela nabanye abantu, umswakabane oqinileyo. Iintsuku ezintyini ezingama-90 yile nkqubo yoqaliso wokubuyela kwesimo esempilweni lobuchopho.

I-supplement stack: NAC (ukunciphisa ukulingana kwe-glutamate, inkqubo yokunciphisa ukuzimisela), i-5-MTHF (inkxaso yokuqinelana kwe-serotonin), i-zinc (umthamo we-oxytocin), i-magnesium glycinate, iVitamin D3.

**Ukubuyela kwakhazimla: qiniseka ngokusetyenziswa kwayo. Faka umgaqo wokuzibophezisa. Xeluleka ngobulali obukhoyo. Xeluleka ngokuxhumano olulahlekileyo. Yakha isakhiwo esiyingqiqimba. Umgomo kukuba neyokuzitshabalalisa enegunya, ixhumene, kwaye eyonwabile—ayilona ukungabi nayo.**

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SAMHSA: 1-800-662-4357 | SAA: saa-recovery.org | CSAT directory: iitap.com
Crisis: SADAG: 0800 567 567 | Inombolo yocingo yokuphikiswa kweentlalo ezingoCecileni: 1-800-799-7233
*Recovery Kernel | Ukuzifihla Ngokusebenzisa Isexwale | Uchaswele lweZinto Ezinomdla. Ayifanele ukusetyenziswa.*

*Ulwazi oluyancedayo:*
** I-Recovery Kernel*
** Naloxone*
** COMT*

** DRD2*
** MTHFR*
** Blueprint*
** findahelpline.com*

**Ibiyoloji, ayintando. Inkqubo yokulibazisana iyasebenza.**